

**A672 – PORK, LEG ROAST, FROZEN, 36-42 LB**



**Nutrition Information**

Pork, fresh, leg, rump half, separable lean and fat only, roasted

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Frozen boneless, trimmed, netted pork leg (fresh ham) roast prepared from U.S. inspected fresh domestic pork.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>Individual roasts are vacuum packaged and packed 36-42 lbs net weight per case.</li> <li>One lb AP pork outside roast yields about 0.58 lb cooked trimmed, sliced lean meat and provides about 9.28 servings 1 oz cooked lean meat.</li> <li>One lb AP pork inside roast yields about 0.54 lb cooked trimmed, sliced lean meat and provides about 8.64 servings 1 oz cooked lean meat.</li> <li>CN Crediting: 1 oz cooked pork provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen pork roasts in original shipping container off the floor at or below 0 °F.</li> <li>Refrigerate leftover pork covered and labeled in a dated container and use within 2 days</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>TO THAW: Remove packages from shipping containers and place them in single layers on sheet pans in the refrigerator. At temperatures ranging from 38-45 °F, it will take 1-2 days to thaw the meat sufficiently. Frozen meat may be roasted without thawing first, but roasting time must be increased by approximately 1½ times.</li> </ul>

	1 oz (28 g)
Calories	71
Protein	8.19 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	4.05 g
Saturated Fat	1.49 g
Trans Fat	N/A
Cholesterol	27 mg
Iron	0.30 mg
Calcium	3 mg
Sodium	18 mg
Magnesium	8 mg
Potassium	106 mg
Vitamin A	3 IU
Vitamin A	1 RAE
Vitamin C	0.1 mg
Vitamin E	0.06 mg

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<b>PREPARATION/ COOKING INSTRUCTIONS</b> (cont'd)	<ul style="list-style-type: none"> <li>Season fresh ham roast. Preheat oven to 325 °F and allow approximately 20-25 minutes per lb. Internal temperature of the roasts should reach 145 °F for 4 minutes. Judge doneness by temperature, not by color or texture of food. Let stand for 2 minutes after cooking.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>When cooked, pork roast can be served sliced, diced, and chopped for sandwiches, salads, casseroles, and entree items.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching meat and poultry.</li> <li>Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>